



CBIRF QUARTERLY NEWSLETTER

HOTZONE



FROM THE BATTALION COMMANDING OFFICER

Greetings to our CBIRF families,

It has been a busy three month period since the start of the New Year. The Presidential Inauguration, Presidential Address to a joint session of Congress and exercises in Florida and North Carolina kept the unit extremely active.

The warm, sunny, Florida weather was a real moral booster for the battalion staff and IRF. Alpha Company was able to complete the vast majority of its annual training requirements as well as participate in a consequence management exercise with elements of the National Guard and FEMA. A variety of observers from around the consequence management community were on hand to witness the exercise and many positive remarks were heard regarding the speed, efficiency, and technical expertise of CBIRF's operations. I was extremely proud of the efforts of our Marine's and sailor's during the exercise.

Speaking of being proud of our Marines and Sailors, Bravo Company also had a tremendous exercise at one of the North Carolina port facilities with National Guard elements, as well as civilian first responders. The highlight of the exercise was the search and extraction operation conducted aboard a 900 foot cargo vessel.

Eight of our combat service support Marines recently returned from Florida after assisting II MEF with the loading of commercial shipping and transporting of equipment to the Middle East. The MEF CG expressed his appreciation to the command for CBIRF's willingness to assist in this effort.



mark your calendars for the upcoming Easter egg hunt for the kids in April and Jane Wayne Day for the spouses in May. I look forward to seeing you all there.

John M. Pollock



Semper Fidelis,

Col. John M. Pollock

● COMMANDING OFFICER

Col John M. Pollock

● BATTALION SGTMAJ

SgtMaj Christopher Harper

● FAMILY READINESS

OFFICER

301-744-5025

● UNIT CHAPLAIN

301-477-2017



● ALPHA COMPANY

301-744-1096

● BRAVO COMPANY

301-744-2041

● H&S COMPANY

(301) 744-1080



A Look Inside...

Health Corner.....
.....2

Angelfood
Ministries2

The Chaplain's Corner.....
2

Alpha Company
Update.....3

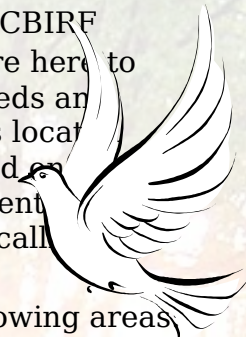
Bravo Company Update
.....3

H&S Company Update.....
.....3

Disneyland

CHAPLAIN'S CORNER

The members of your CBIRF Religious Ministry Team are here to facilitate your religious needs and requirements. Our office is located inside the CBIRF compound on the second deck. Appointments are available upon request by call (301) 744-2088/2017.



We can assist in the following areas:

- Marriage Preparation
- Marriage/Family
- Counseling/Referral
- Baptism
- Worship
- Pastoral Counseling
- Liturgical Requests

In addition we have information for over 121 places of worship in the Indian Head, Maryland area. And know that we always welcome your comments and suggestions. Thanks for your prayers and support!

CBIRF EDUCATIONAL INFO

RPC Pieper is the Education Officer for CBIRF. He assists Marines, Sailors, and their spouses in obtaining off-base education information toward the completion of a college degree or training certificate. There are a multitude of opportunities available and Chief Piper has the information to assist you in your educational plans.

He will answer your questions concerning Tuition Assistance (TA), transcripts, course selection, and college programs. He can be reached at the Chaplains Office by calling (301) 744-2088, Monday thru Friday.

Angel Food Ministries

Angel Food Ministries is a non-profit, non-denominational organization dedicated to providing grocery relief and financial support to communities throughout the United States.

Angel Food Ministries is able to provide families with approximately \$65-\$70 worth of quality nutritious food for \$30. (A menu of food offered each month is listed on their website.)

There are no restrictions, conditions or forms to fill out to purchase Angel Food. The food relief program is open to one and all. Anyone may purchase an unlimited number of boxes of Angel Food by placing an order with a local Angel Food host site.

For more information, visit: <http://www.angelfoodministries.com/>

HEALTH CORNER

As the weather turns warmer, humans return to the great outdoors to enjoy the warmth and sunshine. We are not alone, as so do ticks, which puts us at risk for vector-borne diseases such as

Lyme disease. Reducing exposure to ticks is the best defense for you and your children against Lyme disease and other tick-borne infections.



Remember to protect your pets!

Take **extra precautions** in **May, June, and July**.

This is when ticks that transmit Lyme disease are most active.

Use insect repellent with 20% - 30% DEET on exposed skin and clothing to prevent tick bites.

Permethrin is another type of repellent that kills ticks on contact! One application to pants, socks, and shoes typically stays effective through several washings.

Do not apply it directly to skin.

Removing Ticks with a fine pair of tweezers; grasp the ticks body close to the skin. In a smooth motion pull the tick away from the skin. Wash the area with soap and water.

Don't be alarmed if the tick's mouthparts remain in the skin. Once the mouthparts are separated from the body, it can no longer transmit lyme disease bacteria.

Don't use petroleum jelly, a hot match, nail polish! It will cause the tick to regurgitate into your skin its stomach contents, which contains the lyme bacteria.

Early Signs & Symptoms: Fever, Headache, Fatigue, & Rash - see a healthcare provider if you develop these symptoms after a tick bite. For more information: contact CBIRF Medical **301-744-1025 or visit the Center for Disease Control website, <http://cdc.gov/lyme> or call 800-232-4636.**

CBIRF Medical Dept.

ALPHA COMPANY

Alpha Company Families:

Our recent operation in Florida was a great success. We were able to complete the majority of the required annual training for the Company and were able to participate in a joint operation with elements of the National Guard.

Our Army and Air Force brethren were very impressed with the professionalism and technical expertise of the Marines/Sailors and the unit was represented tremendously.

As we move into the Spring and early Summer, expect a busy tempo with operational requirements, personnel executing orders, etc...This is the time for each individual within the Company to step up and perform at that higher rank as many persons will be moving on to the next stage of their life/career.

I would once again like to thank our families...it is not easy to be without your loved ones as we conduct training and work hours. Remember that each Marine is as strong as his/her support structure. It is because of your role in their lives that the company has reached the level of success that it has.



H & S COMPANY

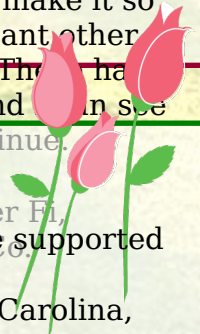
To the families of H&S Marines and Sailors,

I hope everyone has enjoyed the holidays and took advantage of the many things to see and do around the area. The Company has just finished up supporting an extensive training evolution in Florida and the Marines and Sailors performed superbly. We also had a group support the deployment to North Carolina and they also performed like expected.

These next couple of months should be more administrative than operational so your service member should be home more.

We have recently awarded two IMPACT Navy Achievement Medals to Sgts Cooper and Sullivan for their outstanding work overseeing the Battalion's Body Composition Program. They and the Marines assigned continue to put forth a tremendous effort.

I look forward to seeing many of you at the upcoming Jayne Wayne Day on 15 May. I highly encourage all of you to make it so you can see what your significant other experiences on a daily basis. They have been a lot of fun in the past and I can see no reason why this won't continue.



Semper Fidelis,

BRAVO COMPANY

Bravo Company Families:

It has been an extremely busy 2009 for Bravo Company as you all know. We have supported the 2009

Inauguration, the Joint Session of Congress Address, we were deployed to North Carolina, and went to

the rifle range. Your Marines and Sailors have spent many days and nights away from you all and have

put in endless hours of hard work. We all appreciate your support and continued patience with our hectic schedule.

We have several Marines that welcomed new members into their families in 2009. The Kunz family, the Foster family, and the Fishback's family each had a baby girl since the New Year. Additionally, the Fredericks now have a new son in their family. Many of us are looking forward to seeing these new additions at future family events.

This spring should see our tempo slow down a bit. There are some family events planned now that the weather is more permitting. In May, there will be an opportunity for spouses to join their Marines and Sailors at work to see how they train and the things they do on a daily basis. Bravo Company is looking forward to a possible white water rafting event in late spring. MCCS has many events planned for families on base and the Indian Head Community has events scheduled for many of you to enjoy this spring.

We all appreciate your constant support and motivation you provide to us in Bravo Company. You all make it possible for us to concentrate on the task at hand and accomplish the



Featured Photo

CBIRF Marines pose in front of Air Force One

Money Saving Tips



Food Purchases

Convenience stores often charge the highest price.

You can save hundreds of dollars a year by shopping at lower-priced grocery food stores.

You will spend less on food if you shop with a list, take advantage of sales, and purchase basic ingredients, rather than pre-packaged components or ready-made items.

You can also save hundreds of dollars a year by comparing price-per-ounce or other unit prices on shelf labels. Stock up on those items with low per-unit costs.

Heating and Cooling

A home energy audit can identify ways to save up to hundreds of dollars a year on home heating (and air conditioning). Ask your electric or gas utility if they audit homes for free. If they do not, ask them to refer you to a qualified professional.

Enrolling in load management programs and off-hour rate programs offered by your electric utility may save you up to \$100 a year in electricity costs. Call your electric utility for information about these cost-saving programs.

Telephone Service

Once a year, review your phone bills for the previous three months to see what local, local toll, long distance, and international calls you normally make. Call several phone companies which provide service in your area (including wireless and cable), to find the cheapest calling plan that meets your needs. Consider a bundled package that offers local, local toll and long distance, and possibly other services, if you heavily use all the services in the bundle.

Check your phone bill to see if you have optional calling features or additional services, such as inside wire maintenance, that you don't need. Each option you drop could save you \$40 or more each year.

If you make very few toll or long distance calls, avoid calling plans with monthly fees or minimums. Or consider disconnecting the service altogether and use dial around services such as 10-10 numbers or prepaid phone cards for your calls. When shopping for dial around service, look for fees, call minimum, and per minute rates.

WALT DISNEY WORLD AND DISNEYLAND are offering Active Duty, National Guard, Reserve, and Retired Military members a complimentary 3-day Disneyland or 5-day Walt Disney World ticket to visit in 2009.

The Military member may also purchase up to 5 companion tickets for as low as \$99 each to be used in conjunction with the complimentary ticket.

The Military member or spouse must show a valid ID to purchase and redeem the tickets.

For more information, visit:
www.wdwinfo.com/discounts/discounts-military.htm

Important Phone Numbers

CBIRF Family Readiness Officer.....301-75025
Chaplain's Office.....301-744-2017
Navy Marine Corps Relief.....202-333-3364
Family Advocate Program.....703-693-6643
General Counseling.....703-614-7204
Exceptional Family Member.....703-614-7200
Child Care and Referrals.....703-614-7332
Career Management.....703-614-6828
Tuition Assistance Program.....703-614-9104

The New Family Readiness Program would like to continue to invite our CBIRF family members to volunteer for our group.

Contact the FRO if interested at 301-744-5025
 Or email cbirf.fro.fct@usmc.mil